

# Prevention Campaign Kick Off by Alcohol and Drug Center

21 Mar 1985

This week the Alcohol and Drug Prevention Center will kick off their annual Prevention Campaign starting with Public Service Announcements heard on KLVR and announcing upcoming events in the Wave.

Some of the services provided for Wasatch County by the Center are:

1. Outpatient Treatment of Alcohol/Drug abuse;
2. Involvement with Elderly
3. Womens issues programs;

4. Youth groups;
5. Parent Groups;
6. Psycho-Social Drama Troupe;
7. K-12 school curriculum;
8. DUI Educational Classes;
9. Teen Alcohol and Drug School;

10. Prevention Efforts in the schools;

The Center also provides space for, Al-Anon and Alateen to meet. During the next couple of months the prevention center will bring innovative events to Wasatch County. Be looking for the annual Health Fair at the city

park, car bash fundraiser and kite flying contest to name a few.

April 25, 26 and 27 will be the Rural Alcohol and Drug prevention leadership Training conference to be held in Price, Utah. Those people that would be interested in participation can contact Coral Mangus at 654-3003.

This conference is to provide communication, listening skills, planning goal setting, decision making, public speaking, community organization, conflict resolution, values clarification,

and self-esteem building.

The cost of this conference is being paid by the Alcohol Center, and the State Department of Alcohol and Drug.

You must provide your own transportation. If there are any questions or concerns the public may have about the Alcohol Center you should contact the Center at 654-3003 or come by and meet with personnel at 73 East 100 South Heber. The door is open to everyone. Hours are 8:30-5:00 Monday-Friday.

# How Do I Manage Alcohol/ Drug Abuse in My Family?

28 Mar 1985

The Wasatch County Alcohol and Drug Prevention Program often receives telephone calls from relatives (wives, husbands, children) of alcohol or drug abusers who inquire how they can get their loved ones to get help with their addiction problem.

The answer to this question is that no one can be forced to receive treatment unless the legal system requires this because of civil offenses due to the drug/alcohol addiction. You should ask relatives to get treatment but respect their decision if they choose not to.

If you live with an alcohol or drug abusing individual the first thing you must realize is that alcoholism is a real biological/psychological sickness - a sickness which effects all those close to them. The American Medical Association and other authorities recognize alcoholism as an illness and it is important that relatives and the community of Wasatch County understand that Alcohol/Drug abuse is not

caused by weakness of will, immorality or a desire to hurt others.

While relatives of drug/alcohol abusers are concerned about their loved ones, it is essential that they understand that the disease effects them also and they need to get help and support when living with this problem.

Some of the things they can do to help themselves are:

(1) Learn the facts about alcohol through inquiring from the Prevention Center, Alanon and good literature.

(2) Do not wait until your alcohol/drug addicted relative seeks help. Seek help for yourself now, either through counseling for emotional support or attending Alanon meetings: Alanon is an A.A. based program where the relatives of alcoholics meet together with each other to give emotional/spiritual support and discuss how they deal with their problems. Alanon meets Thursday night at 74 East 100 South in Heber at 8:00 p.m.

(3) Do not spend your time

covering up the fact that your spouse or relative is abusing alcohol or drugs. For example a drunken spouse will ask their wife or husband to call their employer and tell them they are sick. The spouse may feel resentment at being asked to lie and hide the problem. Unfortunately this only allows the abusing spouse to continue denying that they have a problem. The chances are that in a small community the people around them know anyway. Relatives often find that a husband or wife who simply states that their spouse is drunk improve their emotional state, and they feel they are trustworthy because they are no longer lying to protect loved ones.

(4) Do not spend time playing the part of a temperance reformer, dumping liquor, preaching, moralizing or lecturing to your relatives. Chances are they are already guilty about their abuse problem and its results. They can always buy more liquor and the nagging or moralizing is always an excellent excuse to go get drunk.

(5) Do not make threats to divorce, leave the house, etc. to encourage your relative to get help, unless you truly plan to carry them out! It is important that relatives of drug/alcohol abusers realize that if their loved one seeks help family counseling is one of the most effective ways of treating addiction problems. If the non abusing relative has sought counseling and receives

support from Alanon they will be better prepared to battle alcoholism and drug addiction with their loved one if they do seek treatment now or in the future.

If you are affected by the illness of alcoholism or drug addiction you may feel unnecessary responsibility for the illness.

The abuser may manipulate family members in order to continue misuse of alcohol or drugs and thus the whole family

is affected. Prescription medication addictions also affect the whole family. The abuse of prescription medications can be as deadly and devastating as

misuse of narcotics and should not be overlooked by family members.

If you seek further help or information regarding the illness of alcoholism or drug addiction contact the Wasatch Drug and Alcohol Prevention Program at 75 East 100 South or call 654-3003. You're not alone.

# Alcohol and Tobacco: Deadly Mixers

*28 Mar 1885*

Everyone knows that cigarette smoking is hazardous to health and that alcohol abuse can kill. However, not many people know that combined these two substances do worse damage than either would do alone.

According to a special report in the April Reader's Digest, alcohol and tobacco act "synergistically." That means the person who both smokes and drinks heavily may be at greater risk of becoming ill than one who "drinks like a fish" but never smokes, or who "smokes like a chimney" but never drinks.

The Digest cites two major investigations exploring the dangerous interaction between alcohol and tobacco. In one, researchers at the International Agency for Research on Cancer in Lyon, France, found that the person who smoked heavily (a pack or more daily) and who drank moderately (less than a half-liter a day) was five times more likely to suffer from cancer of the esophagus than someone who drank the same amount but smoked moderately (10 cigarettes or less daily.)

The risk of esophageal cancer was 18 times higher for someone who smoked moderately and drank heavily (a liter or more a day.) A person who both smoked and drank heavily increased the risk 44 times.

After reviewing scientific studies that reached similar

findings about different types of alcoholic beverages and other cancers, including those of the mouth, pharynx and larynx, the U.S. National Institute on Alcohol Abuse stated: "Alcohol has a synergistic effect with tobacco that increases the risk of cancer."

Cancer is not the only risk, however. Other illnesses associated with abuse of either of these two substances also can be made worse when alcohol and tobacco are repeatedly consumed together.

For example, "the synergistic effect of alcohol and tobacco may deliver a powerful blow to the cardiovascular system as well as to the upper respiratory tract. For those prone to hypertension who drink more than two ounces of alcohol a day, high blood pressure is common and with it the increased risk of stroke and heart attack. For hypertensives who combine smoking and drinking, the risks are even greater."

Scientists are just beginning to grapple the "double whammy" effect of alcohol and tobacco, yet the evidence clearly points to the need for increased public education to warn people of the risks they face.

The Digest suggests that another warning be included on cigarette packages, stressing the lethal risks of combining over the long term alcohol with tobacco.

# Alcohol and Drug Abuse High Among Teens Throughout the State of Utah

11 Apr 1985

SALT LAKE—The use of smokeless tobacco, experimental cocaine and prescription drugs for non-medical reasons is on the rise, according to the updated edition of Alcohol and Drug Use and Abuse in Utah released this week by the Department of Social Services, Division of Alcoholism and Drugs.

The report shows that seniors, in schools surveyed, 93 percent had had a drink. The report also shows that 10 percent had their first drink by the 6th grade.

Preliminary findings from a junior high and high school survey of 3 rural and 1 urban school district in Utah show 3.6 percent used snuff, or smokeless tobacco in the last 24 hours, and 6.3 percent in the last week. The rates were higher for boys than girls.

The book also ranks Wasatch and Summit Counties as the number two area in the state with Alcohol related problems, and number 4 in overall abuses.

The book outlines major problem areas for the area as Driving Under the Influence, Public Intoxication, and Spouse Abuse. They suggest that an area of concentration for concern, is among high school students.

Statistics for the Facts Book were drawn from a number of sources, including the Incidence and Prevalence Survey which interviewed over 5,000 Utahns ages twelve and over in 1982-83. Also utilized was data from the Division's Management Information System, a computeriz-

ed record of treatment and prevention programs which are funded in part by public monies. Arrest and liquor sales statistics and findings from national and Utah studies also were presented.

Major points made by the Facts Book include:

\*The abuse of alcohol is costing each man, woman and child in Utah \$217.26 (per capita.) Drugs costs are less with a cost of \$111.31 per person.

\*Utah counties experiencing the highest rate of alcohol and drug abuse are Carbon, Emery, and Grand. High unemployment is considered partially responsible.

\*Rates of alcohol and street drug use in Utah are about half those in the US as a whole;

Yet in the 18 to 25 age group, over 50 percent of Utahns interviewed admitted to substance abuse in the past month. Categories included: 43 percent alcohol; 16 percent marijuana; 22 percent cigarettes; 19 percent drugs; Utah's teen population by comparison in the 12 to 17 year age group include: 20 percent alcohol; 11 percent cigarettes; and 9 percent smokeless tobacco.

\*Highest rates of substance abuse are found in ages 18 through 25, but the great majority of clients in treatment are between ages 26 and 50.

\*Almost all Utahns use medical drugs at some time in their lives. The regular use of medical drugs, including over-the-counter drugs increase with age. A separate senior citizens

study found that seniors paid approximately \$23./mo. for medication and are more likely to trade prescriptions and combine drugs.

\*Working women have a much higher rate of substance abuse than homemakers. The number of women being treated in public-funded programs has declined over the years and now totals under 14 percent of clients. This is due in part to a shift in emphasis and funding to programs such as the Public Inebriate program. Since 95 percent of drivers proven to be intoxicated are male, the pro-

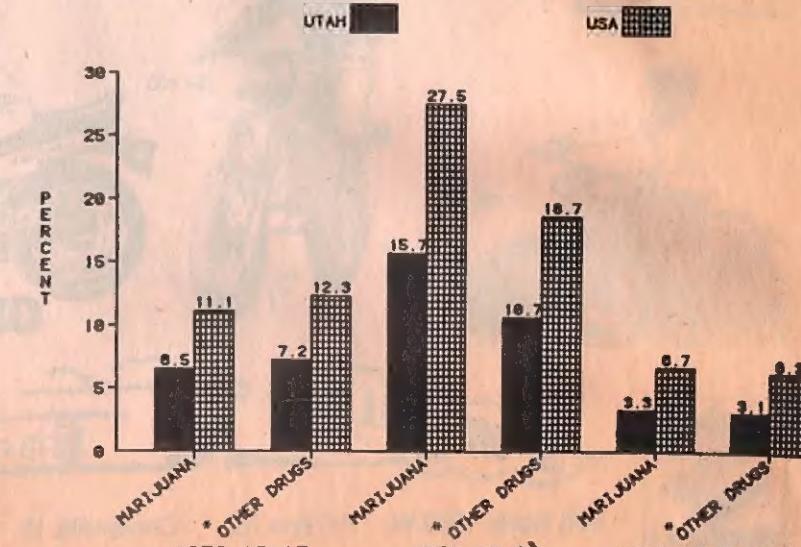
grams attract very few women. The Department recognizes the need for increased services for women and is considering possible options.

\*Occupational groups with the highest rates of alcohol and drug abuse include operators of machinery and equipment, assembly line workers and truck and bus drivers. Lowest rates of abuse are found among homemakers.

\*Religion is a good deterrent of alcohol and drug abuse, highest rates are found among Utahns with no religious affiliation. LDS members have lowest rates.

## SUBSTANCE USE/ABUSE, BY AGE

PERCENT OF UTAH AND USA POPULATIONS AGES 12 & OVER  
USING MARIJUANA AND OTHER DRUGS AT LEAST MONTHLY



This chart indicates the age groups surveyed and how they compare to the rest of the United States in use and abuse. Wasatch and Summit County were rated second in the state with alcohol abuses.